

Most Americans Rate Their Health, Looks & Sex Lives Positively, *Newsweek* Poll Shows

(NAPSA)—A new *Newsweek* Poll of Americans aged 45-65 shows that most people feel positively about their overall health, physical appearance, sex life and even the way they manage stress.



What's more, they are more likely than ever before to be physically and mentally active and the majority (72%) expect to reach the age of 80. However, as they look ahead to their own health beyond 70, most middle-aged people worry most about cancer and heart disease.

The poll is part of *Newsweek's* special issue, "Health For Life: Living Longer, Living Better," on newsstands for six weeks beginning September 10, 2001.

Poll findings show 33 percent say the worst thing about aging is having more health problems, and—although a majority says they work at being fit at least three times a week—48 percent say they have trouble getting enough exercise.

In addition to examining the biology of aging, "Health For Life: Living Longer, Living Better" also looks at exercise and diet and medical and scientific breakthroughs that may offer hope for curing cancer, Alzheimer's, heart disease—and may even slow the aging process itself.

The cover price for "Health for Life: Living Longer, Living Better" is \$4.95. Additional copies or reprints can be obtained by calling, toll free, 1-866-741-0122.